

### Who can join the Program?

- We are looking for people age 18 and older who have a medical condition called “prediabetes” & are interested in reducing their risk for developing diabetes.
- Able to participate in weekly diabetes prevention education classes and visits.

### How can I join the Program?

- Let the project staff know that you are interested in volunteering for the program.

### Contact Project staff for an eligibility screening

**Michael Reifel**, Healthy Lifestyle Coach  
**Linda Gonzales**, Healthy Lifestyle Coach/  
Physical Activities Specialist  
**Zenobia Stephan**, Outreach Coordinator

Phone: (213) 202-3970  
[www.uaii.org](http://www.uaii.org)

### How can I get more information on the project or Volunteer?

- If you are interested in volunteering for the program, we will explain the project to you & answer any questions.

HEALTHY ROADS  
United American Indian Involvement, Inc.  
1125 W. 6th St., Suite 103  
Los Angeles, CA 90017



## DIABETES PREVENTION PROGRAM

INDIAN  
HEALTH  
SERVICE

SPECIAL DIABETES  
PROGRAM FOR INDIANS



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Los Angeles, CA 90017  
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# HEALTHY ROADS

## SPECIAL DIABETES PREVENTION PROGRAM FOR INDIANS

### What is the Healthy Roads Diabetes Prevention Program?

The purpose of the program is to prevent diabetes in American Indian/ Alaska Native communities

*Diabetes is a serious problem for American Indians and Alaska Natives, who suffer from some of the highest rates of diabetes in the world*

Research has shown that it is possible to prevent diabetes through simple lifestyle changes, such as:

- Exercising more
- Eating healthy food
- Losing weight

We are looking for volunteers who have a medical condition called “prediabetes” to participate in our new program, which will involve attending classes to teach you about how to eat healthier food, increase your physical activity, and lose some weight.

### Could I have Prediabetes?

Most people do not know if they have prediabetes. You could have prediabetes if:

- Someone in your family has diabetes
- You weigh more than you should
- You had diabetes when you were pregnant (called “gestational diabetes”)
- You had a baby weighing over 9 pounds at birth
- A doctor or nurse has told you that you have a “touch of sugar” or “border-line” (the term no longer used) or “prediabetes”

### Why should I join the Healthy Roads Diabetes Prevention Program?

The Healthy Roads Diabetes Prevention Program can help you in several ways:

- You may be able to delay or avoid getting diabetes by participating in this program
- We will watch your health closely
- You will get free checkups and other medical tests
- You will take classes on eating healthy, increasing physical activity, and losing weight
- You will help us learn the best ways to prevent diabetes

**Taking part in this program is voluntary and free.**

